

GROCERY STORE TOUR

A Sample Day of Lean & Clean Meals

BREAKFAST

Choco-Nut Butter Shake

Makes 1 Serving | Calories: 405 | Protein: 39 | Fat: 18 | Carbs: 26

INGREDIENTS

- ½ cup full-fat Greek yogurt
- ¼ cup oatmeal
- 1 tablespoon nut-butter
- 1 scoop Life Time Fitness vanilla grass-fed whey protein powder
- 1 scoop Double Chocolate Life Greens
- 1 tsp cocoa powder
- 8 oz. water

DIRECTIONS

1. Blend and enjoy!



MORNING SNACK

Banana Protein Muffins

Makes 15 Servings | Cals: 106 | P: 8 | C: 11 | F: 3

For a snack, eat 1-2.

INGREDIENTS

- 3 medium-large bananas
- 1 zucchini, chopped
- 4 scoops Life Time Vanilla Grass Fed Whey
- 2 Tbsp. chia seeds
- 1 cup unsweetened vanilla almond or coconut milk
- 1 cup oats
- ½ cup chopped pecans
- 1 Tbsp. vanilla extract
- 1 Tbsp. cinnamon
- Toppings optional – raisins, strawberries, blueberries, chocolate chips, etc.

DIRECTIONS

1. Preheat oven to 375° F.
2. In a blender, combine bananas, milk, chia seeds, whey, vanilla, cinnamon and zucchini. Once blended, the mixture should be the consistency of cake batter.
3. Hand-mix the pecans and oats into the batter (do not blend).
4. Line muffin tin with muffin liners. Muffins come out very moist, so this step is important!
5. Pour batter into muffin tins until about 80% full. Sprinkle optional toppings over the top.
6. Bake for 12-15 minutes, until golden brown.

**Store in a zip-lock bag in the refrigerator for 3-4 days*



LUNCH

Cilantro Lime Chicken Bowl

Makes 4 Servings | Cals: 305 | P: 27 | C: 23 | F: 12

INGREDIENTS

- 1 lb. chicken, cubed
- 2 Tbsp. coconut oil
- ¼ cup cilantro, chopped
- 2 limes, juiced
- Salt and pepper, to taste
- 3 cups riced cauliflower
- 2 tsp. garlic powder
- ½ cup black beans
- ½ cup corn
- ¼ cup red onion, diced
- 1 Tbsp. garlic, minced
- 2 cups cherry tomatoes, halved
- 1 avocado, diced
- 1 lime, quartered

DIRECTIONS

1. Heat 1 Tbsp. coconut oil in a skillet over medium heat until melted. Add chicken and sauté until thoroughly cooked, about 8-10 minutes.
2. In a medium bowl, add chicken, lime juice, cilantro, garlic powder (not the minced garlic) and salt and pepper and combine until well mixed. Set aside in the refrigerator.
3. Heat another tablespoon of coconut oil in the skillet and once melted, add cauliflower and minced garlic and sauté for about 5 minutes. Add black beans, red onion and corn and sauté for another 5 minutes.
4. Add the cauliflower rice, beans, onion and corn to the bowl with the chicken. Mix in halved tomato, avocado and squeeze lime juice over all of the ingredients, and enjoy.



AFTERNOON SNACK

Blueberry Lemon Cheesecake Overnight Oats

Makes 1 Serving | Calories: 276 | Protein: 26 | Fat: 7 | Carbs: 30

INGREDIENTS

- 1 scoop vanilla Grass Fed Whey
- 1/3 cup old fashioned oats
- 2/3 cup unsweetened almond milk
- 1/3 cup blueberries
- 2 Tbsp. lemon zest

DIRECTIONS

1. Mix oats, milk, and protein powder in a 16oz jar with a lid.
2. Place lid on jar and thoroughly shake. Put in the refrigerator overnight (or 8 hours).
3. Prior to serving, add remaining toppings and stir.



- OR -

Raw veggies dipped in hummus or guacamole

DINNER

Side Spinach Salad with Walnuts, Pears & Goat Cheese

Makes 5 Servings | Calories: 255 | Protein: 6 | Fat: 17 | Carbs: 23

INGREDIENTS

- Two 6 oz. bag of baby spinach
- 2 pears (Bosc or Anjou, preferred)
- ½ small red onion
- ¾ cup goat cheese
- ½ cup walnuts
- 1/8 cup olive oil
- 1/8 cup white wine vinegar
- 1 Tbsp. Dijon mustard

DIRECTIONS

1. Preheat oven to 350°. Spread walnuts in a single layer on a baking sheet and roast for 5-10 minutes, tossing occasionally. Nuts are done when slightly darker color and fragrant.
2. Chop ½ of one of the pears and place into a blender along with the vinegar, oil, mustard, and honey and puree.
3. Slice onion and pears into thin slices, and combine spinach, goat cheese, onion and pears in a large bowl and toss with dressing to evenly coat.
4. Serve immediately.



Lemon Garlic Herb Chicken

Makes 8 Servings | Calories: 123 | Protein: 22 | Fat: 3 | Carbs: 2

INGREDIENTS

- 2 lbs. chicken breasts (or thighs)
- 1 lemon
- 3 garlic cloves
- 2 Tbsp. fresh thyme leaves
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°
2. Slice lemons in half and juice them—adding juice to a large bowl; toss in the lemon rinds when juiced.
3. Add garlic, thyme, salt & pepper to the bowl and stir.
4. Grease large baking dish, and place chicken in it and pour lemon mixture to coat.
5. Bake for 30-40 minutes, basting 2-3 times or as needed.

